

Social Personal and Health Education & Relationships & Sexuality Education:
Summary Information for Parents of 1st & 2nd Class Pupils

The SPHE curriculum provides opportunities for pupils to learn basic personal and social skills which foster integrity, self-confidence and self-esteem, while nurturing sensitivity to the rights and feelings of others. The Stay Safe Programme is also an aspect of SPHE and is taught under the strand unit 'Personal Safety', this programme teaches personal safety skills and helps children to deal with upsetting, unsafe or frightening situations. The RSE programme is taught within the context of SPHE which is timetabled as part of the primary school curriculum for all classes.



The specific aims of Relationships & Sexuality Education are:

- to enhance the personal development, self-esteem and wellbeing of the child
- to help young people develop healthy friendships and relationships
- to foster an understanding of, and a healthy attitude to, human sexuality and relationships in a moral, spiritual and social framework
- to enable the child to acquire an understanding of, and respect for, human love, sexual intercourse and reproduction (Fifth and Sixth Class)
- to understand the physical changes taking place with the onset of puberty (Senior Classes)
- to develop and promote in the child a sense of wonder and awe at the process of birth and new life
- to enhance the capacity of the child to resist sexual exploitation and abuse.

Relationships and Sexuality Education is an integral part of SPHE and will be taught in this context. The curriculum is spiral in nature (ie similar content is revisited at different stages throughout the child's time in school). Content will be taught developmentally with age appropriate lessons being taught at each class level in primary school.

Teaching of RSE in Scoil Thomáis

Learning about Sexuality and Relationships is a lifelong process. Children learn about relationships and sexuality primarily from their families. The school based RSE programme complements and supports what children are learning at home. The Department of Education requires all schools to teach RSE and have an RSE policy. The school policy will ensure that RSE is taught in a way that reflects the core values and ethos of the school. RSE-specific education or core RSE education (sensitive lessons) will be covered in the SPHE curriculum strand units *Taking Care of My Body* and *Growing and Changing*. SPHE and RSE will be taught in accordance with the curriculum guidelines of the Department of Education and in the context of the Catholic ethos and philosophy of the school.

RSE and 'appropriate language': *"It is important that children are taught the appropriate language in Relationships & Sexuality Education to enable them to communicate confidently about themselves, their sexuality and their relationships."* (Dept of Education Document)

RSE-specific lessons to be timetabled to ensure whole school approach to teaching content. Parents will be informed in advance of the general timetable for the RSE lessons and specific topic at each class level

RSE Topics/ Lessons - from Infants – 2nd Class

Keeping Safe, Bodily changes during growth and birth (birth to 9),

Making age appropriate choices, Appreciating family life,

Recognising and expressing feelings,

Self-care, hygiene, diet, exercise and sleep,

Expressing opinions and listening to others

Naming the parts of the male/ female body using appropriate anatomical terms (taught in Junior & Senior Infants)

Naming the parts of the male/ female body using appropriate anatomical terms and identify some of their functions (taught in 1st/2nd)

The following correct and appropriate language will be taught to pupils as part of the core RSE lessons (Infants & 1st & 2nd Class)

Junior & Senior Infants

term "chest" to identify upper body in boys and girls

terms "penis" & "vagina" will be taught as the obvious physical difference between boy and girl

term 'mammy's tummy will be taught as special place where baby grows until born

term "breastfeeding" may be used in as a means of feeding the baby

1st & 2nd Class: Revise: term "chest" to identify upper body in boys and girls

1st & 2nd Class: Revise: terms "penis" & "vagina" will be taught as the obvious physical difference between boy and girl

@1st Class : Introduce term 'urine ' to explain that which is released by the kidneys when going to the toilet (boys and girls)

@ 2nd Class: Introduce term 'urethra' (girls) and 'penis' (boys) for passing urine.

NOTE: the function of the male and female reproductive system will not be referenced.

1st Class: Introduce term 'womb' as the special place where baby grows until born

@2nd Class: teach that the baby is in the womb for 9 months and may be breast fed or bottle fed when born